

Below are the JULY 2018 HealthQuest announcements to share with your employees. Please ask supervisors to provide this information to employees who do not use email. Thank you very much!



Important News From HealthQuest

A photograph of a man and a young girl walking away from the camera along a sandy beach. The man is wearing a light blue t-shirt and dark shorts, and the girl is wearing a pink shirt and patterned shorts. They are holding hands and walking through the shallow surf. The ocean is a vibrant blue, and the sky is a clear, pale blue with a few wispy clouds. In the top left corner of the image, the text "2018 July Sun Safety" is written in a blue, cursive font. On the right side of the image, there is a white box with the title "Sunscreen 101" and a list of tips for using sunscreen.

2018 July Sun Safety

Sunscreen 101

Getting through the summer will involve sunscreen - lots and lots of it. But as you smear it onto your skin, you may have some qualms. Learn how to best protect your skin with the tips below:

- **Check the SPF for UVB protection.** The Sun Protection Factor (SPF) number indicates how well a sunscreen protects against ultraviolet B (UVB) rays. If you'd normally get a sunburn in 10 minutes, an SPF 15 extends that by 15 times. So you could last 150 minutes before burning. How high of an SPF do you need? SPF 15 or higher is recommended.
- **Look for UVA protection.** The SPF doesn't tell the whole story - it only refers to protection against UVB rays. Ultraviolet A (UVA) rays pose their own risks. So make sure the label on your sunscreen states that it has UVA, broad spectrum, or multi-spectrum protection.
- **Look for water resistance.** Keep in mind that these products are not water-proof. They will still wear off. But, they will last longer than typical sunscreens.
- **Reapply regularly.** A few dabs in the morning will not last the whole day. Follow the directions on the bottle for reapplying - especially after you've been sweating or in the water.
- **Wear sunscreen on cloudy days.** UV rays are strong enough to burn your skin on cloudy days.

2018 July Sun Safety

SUN



1

MON

2
Start this month focusing on your health goals. Write your three new health goals below.

TUE

3

WED



4

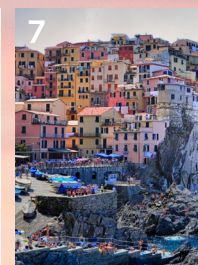
THU

5

FRI

6
Break up your exercise into 10 minute increments to ensure you fit it in your schedule.
Learn more [here](#).

SAT



7

8
Try healthy alternatives to give your favorite dishes a new twist.
[Start with this healthy recipe.](#)



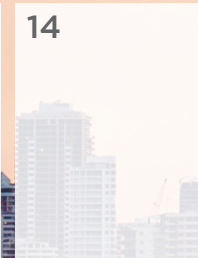
10

11
Wear sunglasses with UV protection to guard your eyes from harmful sun rays.

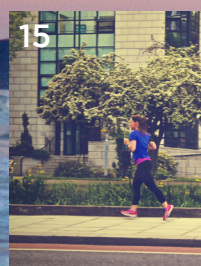


12

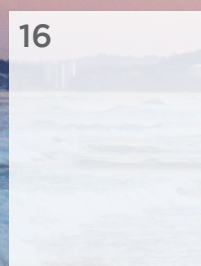
13



14

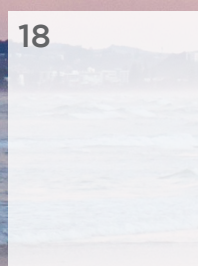


15

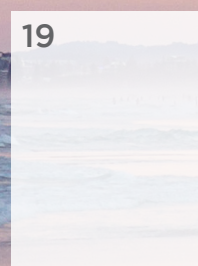


16

17
Drink water to stay hydrated during the hot summer months.
Learn more [here](#).



18

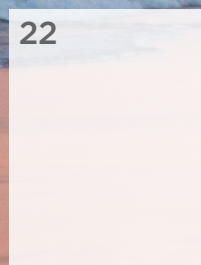


19



20

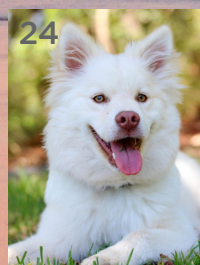
21
Write down something you are grateful for every day this month.



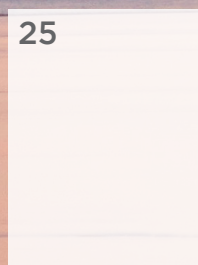
22

23
Wear a wide brimmed hat to protect more of your skin from the sun.

23



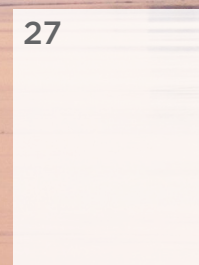
24



25

26
Wearing the right pair of shoes is crucial to starting a walking regimen.
Learn more [here](#).

26

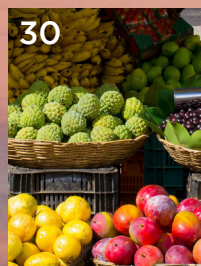


27



28

29
Did you meet your health goals this month? Check them to the right.



30

31

Three ways I can focus on my health this month:

- 1.
- 2.
- 3.

Your Skin Cancer Physical Exam: What to Expect

If you have fair skin, or you've spent lots of time in the sun, it's a good idea to ask your primary care provider if you should get regular skin cancer screenings.

These visual checks by your primary care provider, or a dermatologist, can help find skin that could be cancerous or might turn into cancer someday. Skin cancer is the most common type of cancer, but it's also one of the easiest kinds to treat if you catch it early.

The screening usually takes 10 minutes or longer if the provider sees any moles that look unusual. You'll take off all your clothes and put on a medical exam gown. Your provider will ask if you have any moles that concern you. Then, they will look at every inch of your body - from your face, chest, arms, back, and legs to less-visible places like your scalp, between your toes, and the soles of your feet.

During a skin cancer screening, your provider is checking for the "ABCDEs" of each mole, which are all possible signs of skin cancer:

- Asymmetry: Not the same shape on both sides
- Border irregularity: Ragged or blurred edges
- Color: Different shades of tan, brown, or black
- Diameter: Larger than 1/4 inch
- Evolving: Changes over time

Your provider will also check for actinic keratosis, skin changes caused by sun damage that, without treatment, can turn into cancer. Visit your primary care provider if you wish to discuss your skin care plan.

Sun Protection Tips

Exposure to ultraviolet (UV) rays causes most cases of melanoma, the deadliest kind of skin cancer. To lower your skin cancer risk, protect your skin from the sun and avoid indoor tanning. Plan your sun protection using these tips:

- Seek shade, especially during late morning through mid-afternoon.
- Wear clothing that covers your arms and legs.
- Wear a hat with a wide brim that shades your face, head, ears, and neck.
- Wear sunglasses that block both UVA and UVB rays.
- Use sunscreen with SPF 15 or higher, and both UVA and UVB (broad spectrum) protection.
- Remember to reapply sunscreen at least every 2 hours.

A poster titled "HEALTHQUEST – CHALLENGES" with a water theme. It lists three challenge periods: July 11th to July 25th (Don't Be Late to Hydrate), August 1st to August 29th (Farm to Forks), and Planned Wellness Challenges. Each challenge includes a duration, a description, and a reward in credits. A graphic on the right shows a water bottle and a glass with the text "What can drinking WATER do for YOU?" and "DON'T BE LATE TO HYDRATE! Hydration Challenge July 11 - 25". It also states that to complete the challenge, one must drink 64 ounces daily, and credits will be awarded for drinking 64 ounces on 10 out of the 14 days.

HEALTHQUEST – CHALLENGES

- **JULY 11TH – JULY 25TH**
 - **DON'T BE LATE TO HYDRATE**
 - 2 WEEK WATER CHALLENGE
 - 2 CREDITS / \$20 HRA/HSA DOLLARS
- **AUG 1ST – AUG 29TH**
 - **FARM TO FORKS**
 - 4 WEEK FRUIT & VEGGIE CHALLENGE
 - 4 CREDITS / \$40 HRA/HSA DOLLARS
- **PLANNED WELLNESS CHALLENGES**
 - [HTTP://WWW.KDHEKS.GOV/HCF/HEALTHQUEST/CHALLENGES.HTML](http://www.kdheks.gov/hcf/healthquest/challenges.html)

What can drinking WATER do for YOU?

- Control Calories
- Energize Muscles
- Help Your Kidneys
- Keep Skin Looking Good
- Maintain Normal Bowel Functions
- Maintain the Balance of Body Fluids

DON'T BE LATE TO HYDRATE!
Hydration Challenge
July 11 - 25

To complete in the challenge you must drink 64 ounces daily.

64 oz. = 8 glasses

Credits will be awarded for drinking 64 ounces on 10 out of the 14 days.

To join the challenge – log on to the HealthQuest portal and use the challenge bar to sign up.
<https://kansashealthquest.cernerwellness.com>



Eat your favorite foods. Lose weight. Repeat.

Ever wonder how some people can eat all their favorite foods and not gain weight? Naturally Slim is a ten-week online program that will teach you how. And here's a hint: it doesn't include starving, counting calories or eating diet food. State of Kansas is giving you the chance to learn how to eat the foods you love while reducing your risk of developing a serious condition, like diabetes or heart disease.

Naturally Slim is available to you for **FREE** and is accessible via computer and mobile device so you can participate whenever it's convenient, wherever you are.

Space is limited. Apply between July 23 - August 3, 2018.

www.naturallyslim.com/KansasHealthQuest

The Naturally Slim program starts August 20, 2018. Employees and spouses enrolled in the State of Kansas health plan are eligible to apply. Participants who complete all 10 weeks of the Naturally Slim program will receive 15 HealthQuest credits and Plan C, J, Q and Nmembers receive \$150 in their HSA or HRA.

EAP Monthly Webinar Series - Thursday, July 19th, 2018 @ 11:00 am

1-888-275-1205 OPTION 1, www.guidanceresources.com (web ID: SOKEAP)

Reinventing Yourself

We have the choice of reinventing ourselves as a positive response to change. Austrian bodybuilder Arnold Schwarzenegger won Mr. Universe and other body-building titles, then moved to a successful acting career and then was elected governor of California. We can choose to reinvent ourselves as the people we would like to become, rather than waiting for the future to find us. This session will look at getting started with self-reflection and planning. We'll also look at self-improvement techniques. The role of mentors will be examined as well as ways to stay motivated.

Register today! If you are interested but cannot attend the webinar, be sure to register and a recording will be sent following the webinar. Remember credits are awarded on live attendance. OnDemand trainings are worth 1HQ credit.

<https://register.gotowebinar.com/register/7827682050772779523>



Summer Savings with SmartShopper

The summer is here, and savings are in full gear with SmartShopper! Having a medical procedure or test may not be first up on your vacation to-do list, but if the summer season includes a routine service or procedure, SmartShopper may save you money and send you a check for up to \$500 just for choosing a cost-effective location!

Believe it or not, but the difference in location can result in savings of hundreds to thousands of dollars! The Personal Assistant Team (PAT) is here to help make your experience simple, from start to finish. PAT can help you shop for a procedure, make the best choice for a location and get you the maximum reward. Once you have your procedure, SmartShopper will send you a reward check of up to \$500 and you'll have saved money on your share of medical costs. That's more money to spend on some summer fun in the sun!

Earning cash with SmartShopper is as easy as:



1. SHOP by
phone or online



2. GO to a
cost-effective location



3. EARN up to
\$500 in cash rewards

Getting started with SmartShopper takes only minutes – simply call the SmartShopper Personal Assistant Team, available Monday – Thursday 8AM – 8PM and Friday 8AM – 6PM eastern standard time, at 866-820-6426 or visit bcbsks.com/state to activate your account and start shopping.

SmartShopper makes it easy to shop and save on medical care and gives you the choices and information you need to make the best care decisions.

WHERE YOU GO FOR
CARE MATTER\$



Activate your benefit today at myrxss.com

Did You Remember to Take Your Medicine?

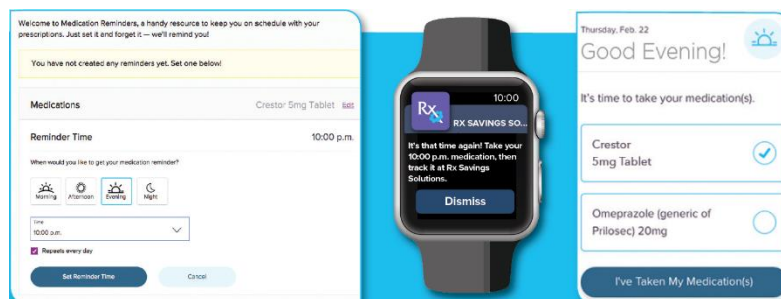
"I forgot." That's how 52 percent of respondents answered a recent poll when asked why they missed a dose of a prescribed drug.¹

The study found that cost may be the biggest barrier to taking medications as prescribed, but it's not the only factor.

Regardless of reason, medication "nonadherence" leads to reduced quality of life, poorer condition management, increased hospitalization and emergency room visits, and unnecessary deaths. Consider:

- Between \$100 billion and \$300 billion in healthcare costs attributed to nonadherence in the US every year
- A diabetes patient with low adherence produces nearly twice the annual healthcare spending (\$16,499) as one with high adherence (\$8,886)
- 125,000 deaths are caused by non-adherence annually

Rx Savings Solutions makes it easier to afford the drugs you're prescribed. We've also developed two companion features to help you keep track and stay on schedule:



Medicine Cabinet organizes your prescriptions into one virtual, visual display for easy tracking, awareness and budgeting. All medication names, strengths, dosages and quantities are populated automatically, so no manual entry is required.

Medication Reminders allows you to set convenient text or push notification prompts for taking items in your Medicine Cabinet on schedule. Set it once, and you'll never forget!

Whether you or a family member take regular medications or the occasional prescription that requires timely adherence, like an antibiotic, check out the Medicine Cabinet and Reminders features today.

You can activate your free account in less than a minute: Search for the "Rx Savings Solutions" app on Google Play, Apple's App Store or access online at myrxss.com.

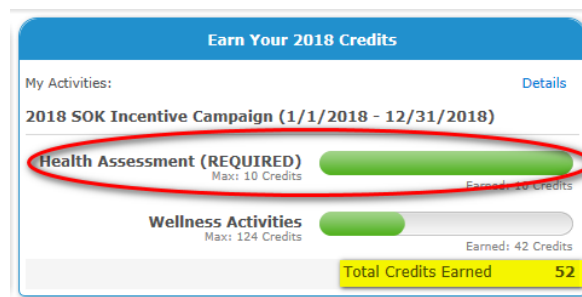
Have you Earned your 2019 Rewards?

July 1st – 6 months left in the program year

All Health Plan Members you have until 12/31/2018 to Complete the Required Health Assessment for 10 Credits and Earn 40 TOTAL Credits to Receive the 2019 Premium Incentive Reduction.

Plans C, J, Q and N Members have until 11/19/2018 to Earn Credits to Receive HSA/HRA funds. Credits must be posted by 11/19/2018 to count for contributions. Remember it takes 50 TOTAL Credits to max out your HSA/HRA Contributions.

To Verify you have Earned your Reduction – Check your Homepage. Under “Earn Your 2018 Credits” make sure the top bar is SOLID GREEN and the TOTAL Credits is 40 or greater.



<https://kansashealthquest.cernerwellness.com> Kdhe.healthquest@ks.gov or HealthQuest@Cerner.com